

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Sweet Potato Barley Salad



| Ingredient | Approx. Cost* |
|---|---------------|
| 1 cup of Barley (medium) | \$0.33 |
| 1 medium sized sweet potato | \$0.89 |
| 1 15 oz. can of black beans | \$0.89 |
| 1/2 red bell pepper | \$1.00 |
| 1/2 red onion | \$0.45 |
| 1 bunch of cilantro | \$0.30 |
| Seasonings: salt,pepper, chili powder, cumin honey, olive oil | \$1.00** |
| Limes | \$1.20 |
| Total | \$6.06 |

of servings: 8 **Cost per serving: \$0.75**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Peel and cut sweet potato into 1 inch chunks. Place sweet potatoes on rack in rice cooker. Add 1/2 cup water. Turn the rice cooker on and steam potatoes until button pops, about 10 minutes. While potatoes are steaming, make the dressing: 2 limes, juiced (about 1/4 cup), 3 Tbsp. olive oil, 1 teaspoon chili powder, 1/2 tsp. ground cumin, 1/4 cup chopped cilantro, 1 tsp. honey, salt / pepper - start with 1/4 tsp. sprinkle on to taste. Combine all ingredients and whisk. Put sweet potatoes in a large bowl and all the remaining ingredients. Pour dressing over and gently toss. Taste for any additional seasonings. Serve warm or at room temperature.

Nutritional Information per Serving:

| Calories | 158 | |
|----------------------|------|----------|
| Total Fat | 5.5 | g |
| Saturated Fat | 0.8 | g |
| % of daily total | 3.6 | % |
| Carbohydrates | 25.9 | g |
| Protein | 4.1 | g |
| Fiber | 4.4 | g |

| | % of daily total | |
|------------------------|--|---|
| Vit A | 20 | % |
| Vit C: | 16 | % |
| Calcium: | 4 | % |
| Iron | 8 | % |
| Good source of* | <i>Vitamin A, Vitamin B₆, Vitamin C, Magnesium, Phosphorus, Thiamin, Zinc</i> | |
| *(10% or more of the) | | |

based on 2000 calorie diet

